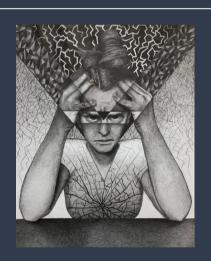


# UNDERSTANDING AUTISM PODCAST

SHOW NOTES
SEASON 1 EPISODE 9
LOW FRUSTRATION
TOLERANCE



Low Frustration Tolerance
Artwork by Nicole Kubilus

"What Low Frustration
Tolerance Is And Three
Ways to Manage It" by
Allaya Cooks-Campbell
(blog)

T<u>he Highly Sensitive Person</u>
<u>by Dr. Elaine Aron</u>
(website and books)

## Season 1 Episode 9: Parts 1 and 2

A common challenge that many autistic people face is tolerating unpleasant or stressful situations. In this episode, we will explore the signs and causes of low frustration tolerance and what can be done to build tolerance around frustrating situations.

## **Low Frustration Tolerance: Part 1**

## What is low frustration tolerance?

0:00-2:20

- frustration vs low frustration
- the inability to withstand obstacles and stressful situations
- other symptoms in autistic people

#### What causes low frustration tolerance? 2:20-4:20

- general causes
- low frustration as it relates to autism

Positives and	negatives	of low	frustration	4:25-6:10
tolerance				

Nicole and Bret share their personal

6:10-21:29

experiences

Does technology and social media compound low frustration tolerance?

21:31-29:53

Parenting challenges with an autistic child that has low frustration tolerance

29:55-57:51

Low Frustration Tolerance: Part 2

Strategies for addressing low frustration 0:00-3:38 tolerance

Nicole's experience as an art teacher and helping students with low frustration tolerance

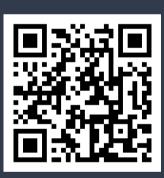
3:40-14:56

Bret's experience as a social studies teacher 15:00-17:02 and helping students with low frustration tolerance



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UnderstandingAutism.info

Failing Forward: Turning
Mistakes Into Stepping
Stones For Success by
John Maxwell (book)

<u>The 360 Degree Leader by</u> <u>John Maxwell (book)</u>

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A common challenge that many autistic people face is tolerating unpleasant or stressful situations. In this episode, we will explore the signs and causes of low frustration tolerance and what can be done to build tolerance around frustrating situations.

### Low Frustration Tolerance: Part 2 cont.

O General tips for teachers in helping neurodiverse students with low frustration tolerance while not becoming frustrated themselves

17:02-31:37

Advice for employers and coworkers of neurodiverse adults and advice for teachers in working with neurodiverse coworkers

31:41-42:14